

Hurricane season for volunteers

In case of emergency evacuation, especially during hurricane season (June 1-November 30), the UUA-UUSC Gulf Coast Volunteer Program will have an evacuation plan in place. As a volunteer, you should come prepared for the possibility of mandatory evacuation. Please realize that you are entering a disaster zone and you must be able to take care of yourself. We ask you to be self-motivated in terms of reading our evacuation plan and doing your part to make sure you know what you would do in the case of an evacuation.

To this end, we are asking all volunteers who are considering coming down to do the following:

- **Travel by car, when possible** so that you can evacuate easily and independently.
- **Attend a First Aid training** before coming down. This does not mean that you would be expected to perform medical duties for residents, but rather that you would be capable of handling small problems that you or your friends may encounter. You can find Red Cross trainings near you by going to www.redcross.org and entering your zip code. A standard First Aid class would be helpful, with CPR or AED training as an extra bonus.
- **Bring your own emergency preparation kit** (see below). This list was compiled based on recommendations from the New Orleans city government, the Red Cross, and individuals who were here during Katrina. Please bring everything on the list and keep it in your car or easily accessible with your belongings.

Emergency preparation kit for volunteers

Store your supplies in a sturdy but easy-to-carry container such as a large covered trash container, overnight backpack, or small duffle bag.

1. **Water.** Have at least one gallon per person, per day. Water should be stored in sealed, unbreakable containers.
2. **Food.** A supply of non-perishable packaged or canned food and a non-electric can opener. Select foods that require no refrigeration and little or no water. For example, energy bars, ready-to-eat soup, peanut butter, etc.
3. **Flashlight.** Include extra batteries.
4. **First Aid kit** (see below).
5. **Medications.** Don't forget prescription and non-prescription items. Be sure to fill up prescriptions in advance and have extra copies as well – it can be time-consuming to get them written or filled in New Orleans.
6. **Battery-operated radio.** Include extra batteries.
7. **Tools.** Wrench, manual can-opener, screwdriver, hammer, pliers, a knife, duct tape, plastic sheeting, garbage bags and ties, matches and/or lighter in waterproof box.
8. **Clothing.** Pack a change of clothing, rain gear, sturdy shoes, and gloves.
9. **Personal items.** Eyeglasses or contact lenses and solution; important documents (or at least copies) such as driver's license, ID card, passport, health insurance, medical information, etc., in water-proof containers;

comfort items such as books, cards, etc.

10. Bedding. Blankets or sleeping bag.
11. Sanitary supplies. Toilet paper, towelettes, tampons/pads, hand sanitizer, personal hygiene items such as toothbrush, etc.
12. Money. Have cash as well as extras or copies of your credit or ATM cards. (Those cards won't work if the power is out, but may be helpful wherever you evacuate to.)
13. Contact information. Carry a current list of family phone numbers and e-mail addresses. You may not be able to charge your cell phone, so be sure to have a hard copy of numbers of important friends and family.
14. Pet supplies. Food, water, leash, litter box or plastic bags, any medications and vaccination information.
15. Map. Of at least the state – consider marking an evacuation route on it. For New Orleans' recommended evacuation route, go to http://www.ohsep.louisiana.gov//evacinfo/no_contraflow.htm

First Aid kit

Any standard pre-packaged First Aid kit will probably have most of the following items already but double-check just in case. It's often cheaper to build one yourself from items you already own.

- Sterile band aids in assorted sizes
- 2-inch and 3-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch and 3-inch sterile roll bandages
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Bar of soap
- Moistened towelettes
- Antiseptic spray
- Thermometer
- Tongue blades and wooden applicator sticks
- Tube petroleum jelly or other lubricant
- Safety pins in assorted sizes
- Cleansing agent/soap
- Latex gloves
- First Aid reference guide

Non-prescription drugs such as:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Emetic (use to induce vomiting if advised by Poison Control Center)

- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Activated charcoal (use if advised by the Poison Control Center)